

2009

**SOME REVERSIBLE FEMALE BIRTH CONTROL METHODS
IN DESCENDING ORDER OF EFFECTIVENESS**

(1) INTRAUTERINE DEVICES: “COPPER T” AND MIRENA

- Annual exam and Pap within 6 months
- One 40 minute visit prior to educate, examine, Obtain cultures and blood (hct), review informed Consent and sign. (This can be included in annual Exam and Pap exam.) Pregnancy test.
- One 40 minute appointment.
- On period for fitting.
- Return: Once in 1-2 months for IUD string check, then return annually.
- Method good for 12 years (“Copper T”) or 5 years
- Cost Mirena \$700, “Copper T”: \$600
Failure rate 1 in 100

(2) IMPLANON - Progesterone insert

- Annual exam and Pap within 12 months
- One 20 minute visit prior to educate (This can be Included in annual exam and Pap smear.)
- On period (within day 1-5 of bleed) for fitting 40 minute visit appointment
- Return: One week to recheck site, then return Annually or prn.
- Method good for 3 years
- Cost: \$850
- Discontinuation: remove any time (This requires Mini-surgery.)
Effectiveness 1 in 100.

(3) COMBINED (ESTROGEN + PROGESTERONE) ORAL CONTRACEPTIVE PILLS & PATCH & TRANSVAGINAL RING

- Annual exam and Pap within 6 months
- Over 86 different oral contraceptive pills available Plus generics and 1 ring
- Period doesn't matter; patient starts OCP's or ring the Sunday after a period starts
- Return: If new start, will need 2 ½ month “pill check”; otherwise, annual return.
- Method good for one year.
- Average cost \$30 per month. Ring is \$30-60
- Discontinuation: Better to finish complete pack, but May stop any time.
Failure rate 2-8 per 100

(4) DEPO-PROVERA “The Shot”

- Same as oral contraceptive pills, annual exam, etc.
- Method good for 12 weeks, then “fades”; fertility returns.
Failure rate 2-8 per 100

(5) DIAPHRAGM

- Pap within 6 months
- 40 Minute appointment for new user.
- No period for fitting.
- Return: Annual or prn.
- Method good for 2 years
- Average cost \$5-10 per month. Diaphragm is \$45
- Discontinuation: Just don't use.
Failure rate 2-8 per 100

(6) CERVICAL/FEM CAP

- Pap within 6 months (Must be normal)
- 40 Minute appointment
- No period for fitting
- Return: Once for re-Pap after 3 months of use, Then return annually or prn
- Method good for 3 years
- Cap is \$60
- Discontinuation: Just don't use
Failure rate 2-8 per 100

**(7) FOAM/GELS/CREAMS/INSERTS, FILM, TODAY SPONGE, OVER-THE-COUNTER
Failure rate 2-8 per 100**

- Recommend annual exam and Pap

(8) CONDOMS

- Male and female available OTC (over-the-counter)
- Annual exam and Pap recommended.
- Failure rate 2-8 per 100

(9) NFP (Natural Family Planning)/Fertility Awareness

- Annual exam and Pap. Education
Failure rate 2-8 per 100

(10) “MORNING AFTER” PILLS

- PLAN B: “Preven” or, same as oral contraceptive pills. Take 4 immediately, then 4-12 hours later in emergencies. up to 5 days (120 hours)

KATHY, HERE IS THE FIRST SHOT AT THIS REVISION -

QUESTION: ARE THE PRICES FROM LAST YEAR STILL THE SAME FOR THIS YR?

I HAVE BEEN MISSPELLING "MERINA" - SAW ON TV RECENTLY IT IS "MIRENA" SO CHANGED THAT.

1/29/09 PRINTED AT 12:03 PM/BWP